



# Instructions for the Patient

## Before the Intervention:

- You are advised to stop smoking during the month before the intervention;
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention;
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- On the day of the operation, you are advised not to wear make-up or nail varnish, nor to use day cream.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery.

## After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 3 x 2 "Traumeel" tablets for five days after the intervention, in order to reduce the appearance of bruising.
- In the event of pain, you are advised to take some Dafalgan (Paracetamol) at a maximum rate of one tablet of 1gr, four times a day.
- The stitches are protected by steristrips (dressings), which will be applied to the eye right after the intervention. They must not get wet and they will be removed within four to seven days of the intervention.
- Some swelling and bruises will remain visible for a week, and will then fade.
- A certain discomfort may be felt and the eyes may water for two to three days.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- In order to reduce the oedema and the bruises, cold compresses should be applied to the eyelids, avoiding any direct contact between the skin and the ice.
- Once the stitches have been removed, the scars can be massaged with Cicalfate (Avène). When they are closed, a silicone dressing (of the "Bapscarcare", "Cerederm" or "Dermatix" variety) can be applied in order to help the healing process. It is important to protect them from the sun for at least a year.
- Wearing make-up before all the stitches have been removed is forbidden.

# QUESTION?

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